

PRESS RELEASE

FOR IMMEDIATE RELEASE

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HOLLIDAY PARK 5-MILE TRAIL RUN SELLS OUT WITH 600 PARTICIPANTS

Athletes of all ages will run, jump, climb, walk or scramble the park's course this Saturday

INDIANAPOLIS – (March 19, 2009) The 2009 Trail Run at Holliday Park set for Saturday morning has sold out with 600 participants! The popular five-mile race challenges competitors with its uneven terrain, hills, obstacles, ravines and the banks of the White River.

“Thank you to everyone who signed up to participate in the run,” said Mary Bergerson, Friends of Holliday Park administrator. “Proceeds from this exciting event support programs at Holliday Park and its Nature Center.”

Along the course participants hunt for special treasures that may be redeemed for prizes during the post-race celebration. This year the Trail Run is “going green” by making some environmentally friendly improvements: Recyclable organic goody bags will be distributed at the race, all refuse will be composted or recycled, and race entry forms are printed on 30 percent post-consumer waste recycled paper.

Here are ways participants can help:

- Bring your water bottle to reduce the amount of trash at water stations
- Bring old running shoes to be donated to the Wheeler Mission and the Julian Center
- Car pool, ride your bike or walk to the event

What: A 5-mile course along the trails from Holliday Park to Marott Park. The event will include a 1-mile Trail Run for kids ages 6-10 and a Tot Trot for younger children. Spots are still available for the youth events.

When: 9:30 a.m. Saturday, March 21, 2009. The 1-mile children's run begins at 10:45 a.m., followed by the Tot Trot at 10:55 a.m.

Where: Holliday Park, 6363 Spring Mill Road, Indianapolis, IN 46260

The 2009 Trail Run is presented by The Friends of Holliday Park. Although the run is sold out, anyone interested in making a donation to the Friends of Holliday Park may do so at www.hollidaypark.org or by calling (317) 327-7180.

Special thanks to our patron sponsors: N.K. Hurst Company; Kennedy Tank and Manufacturing Co., Inc.; Oxford Financial Group, Ltd.; Jiffy Lube; The National Bank of Indianapolis; 2 North Meridian; Plews Shadley Racher & Braun; Buckingham Companies, St. Vincent Health, Edna and Trevor Gray, and The Shelbourne Clinic.

-- 30 --



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